Quick Start Card

PRECISION™ SERIES AND ENERGY™ SERIES ELLIPTICALS

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

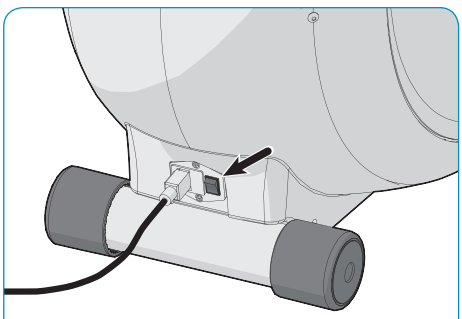
GETTING STARTED
PRECISION SERIES AND ENERGY SERIES ELLIPTICALS

As you get to know your new Precor Elliptical Fitness Crosstrainer™ (EFX®) and your own fitness goals, you'll use the advanced features of the equipment more often. To begin with, though, here's an easy way to start out.

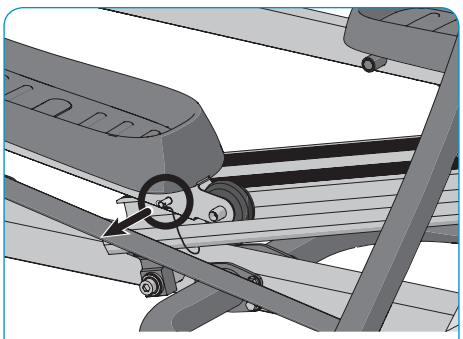
NOTE: These instructions assume that your EFX has been completely installed and set up.

WARNING: Read through ALL of the safety information in the Owner's Manual, and make sure that the EFX is properly connected to the electrical supply in your house, before you use the EFX.

TO GET STARTED WITH YOUR NEW PRECOR EFX:

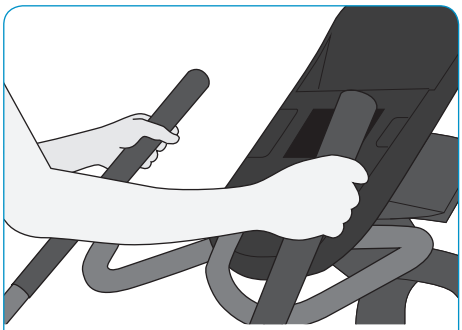


STEP 1: Turn the equipment on.



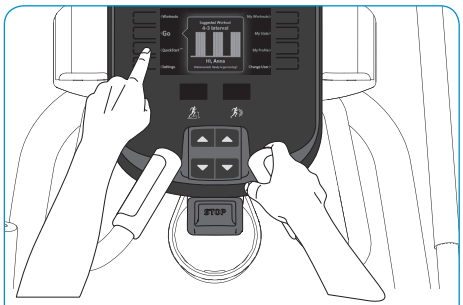
STEP 2: If the locking pin is engaged, release it.

STEP 3: Hold one handrail and step onto the pedals.

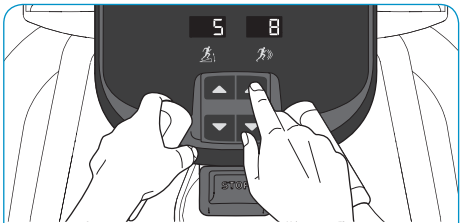


STEP 4: Grasp handles firmly with both hands.

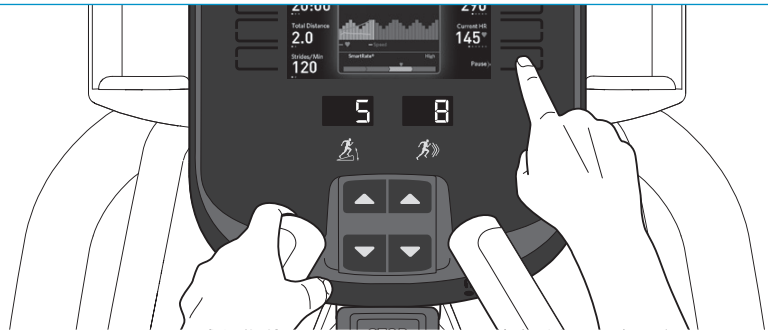
STEP 5: Begin pedaling.



STEP 6: Touch the **QuickStart** button *(manual operation)* or the **Go** button *(start today's featured workout)*.



STEP 7: Use the control on the console to adjust the amount of resistance. If the equipment includes a motorized CrossRamp® adjustment, use the control on the left to adjust the CrossRamp height, and the control on the right for the resistance.



STEP 8: If you need to end your workout early, touch **Pause**, then **Finish**, then **Home**.

Refer to your owner's manual for complete operational instructions and troubleshooting. See reverse for important heart rate information.

CAUTION: *Before beginning any fitness program, see your physician for a thorough examination. Ask your physician about the appropriate target heart rate for your fitness level.*

CHOOSE A WORKOUT

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio-conditioning, or weight loss.

If you are a beginner, start with a cardio-conditioning workout to gradually adjust your body to the demands of exercise. Over a recommended eight-week period, you will increase your endurance and strength.

For all fitness levels, plan to exercise at an appropriately challenging pace for 20 to 30 minutes a day. Wear a chest strap to monitor your heart rate. Supplement your plans with fitness workouts from the Precor web site (www.precor.com). The Precor web site also provides expert advice to help you reach your fitness goals.

MONITOR YOUR HEART RATE

The SmartRate and heart rate displays provide visual cues that help you adjust your fitness routine to reach your goals. Use these features to keep your heart rate within the target zones.

Wear a Chest Strap

During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

1. Carefully dampen the back of the strap with tap water (Diagram A).

   IMPORTANT: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).

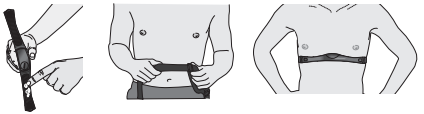


Diagram A *Diagram B* *Diagram C*

When these steps are complete, you are ready to view your heart rate.

Touch-Sensitive Handrail Grips

Several Precor products incorporate touch-sensitive heart rate grips on the handrails. If you prefer to use the touch-sensitive handrail grips, use both hands. Make sure both hands are moist (not dry) and avoid grasping the sensors too tightly.

Note: For the best heart rate monitoring results, wear a chest strap.

SMARTRATE® FEATURES

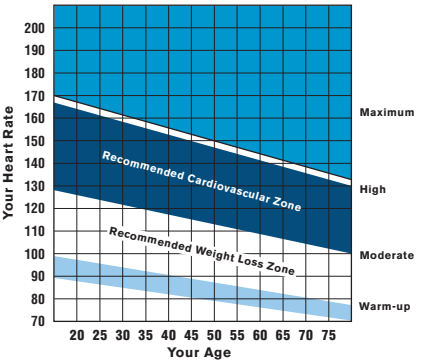
When you begin an exercise session, a blinking segment in the SmartRate display appears if you entered your age during the setup phase. The blinking segment indicates the current zone of your heart rate.

The calculation used for the heart rate target zone is your maximum aerobic heart rate:
207 - (your age x 0.67), multiplied by a percentage.

For the ideal weight loss range, your heart rate should remain between 55% and 69% of your maximum aerobic heart rate. To improve your overall cardiovascular and respiratory fitness level, maintain your heart rate between 70% and 85% of your maximum aerobic heart rate. For the greatest benefits, maintain your heart rate in either zone for 30 minutes or more at least three times a week.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above your target zone (Diagram D).

Diagram D: Heart Rate Target Zones



COOL DOWN AFTER YOUR WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal, non-exercising state.

20031 142nd Avenue NE | P.O. Box 7202
Woodinville, WA USA 98072-4002
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OWNER'S MANUAL PRECOR

Precision™ & Energy™ SERIES ELLIPTICALS

EFX® 447

EFX® 245

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

Important Safety Instructions

When using the equipment, always take basic precautions, including the following:

- Read all instructions before using the equipment. These instructions are written for your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

  Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER **To reduce the risk of electrical shock always unplug the unit from the electrical outlet immediately after using and before cleaning.**

WARNING **To reduce the risk of burns, fire, electric shock, or injury, take the following precautions:**

- Do not allow children, or those unfamiliar with the operation of the equipment, on or near it. Do not leave children unsupervised around the unit.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from the power source when it is not in use, before cleaning it, and before acquiring authorized service.
- When the equipment is not in use, disconnect it by turning the power switch to the Off position, and then remove the power plug from the power outlet.
- Assemble and operate the equipment on a solid, level surface. Locate the equipment a few feet from walls or furniture. Keep the area behind the equipment clear.

- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the equipment to a service center for examination and repair.

DANGER **The unit must be connected to a properly grounded circuit (refer to *Grounding Instructions*).**

- Keep the power cord and plug away from heated surfaces.
- Keep all electrical components, such as the power cord and power switch, away from liquids to prevent shock.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Maintain the equipment in good working condition. Make sure that all fasteners are secure and the running belt is clean and running smoothly.
- Do not attempt to service the equipment yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not set anything on the handrails or hood. Place liquids, magazines, and books in the appropriate receptacles.
- Do not rock the unit. Do not lean or pull on the console at any time.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Keep your body and head facing forward. Never attempt to turn around on the EFX.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC 60335-1 (Household and similar electrical appliances - Safety)

Grounding Instructions

The equipment must be grounded. If the equipment malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The equipment is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the equipment could void the Precor Limited Warranty.

DANGER **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the equipment. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.**

120 V Units Designated for North American Markets

The unit must be connected to a grounded circuit. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

This fitness equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

If the equipment does cause harmful interference to radio or television reception, which can be determined by turning the unit off and on, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, DVR, etc.
- Increase separation between the unit and the receiver (TV, radio, etc.).
- Connect the equipment into a different power outlet on a dedicated circuit different from the one used by the receiver (TV, radio, etc.). No other appliance should be plugged into the same power outlet as the equipment.
- Consult an experienced radio/TV technician for help.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Canadian Department of Communications

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

Obtaining Service

You should not attempt to service the equipment except for maintenance tasks as described in this manual. The equipment does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com.

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com.

For future reference, write the model number, equipment serial number, console serial number, and date of purchase for your unit in the space provided.

Model number: _____

Equipment serial number: _____

Console serial number: _____

Date purchased: _____

The equipment serial number is located on the rear stabilizer bar, just below the power switch.

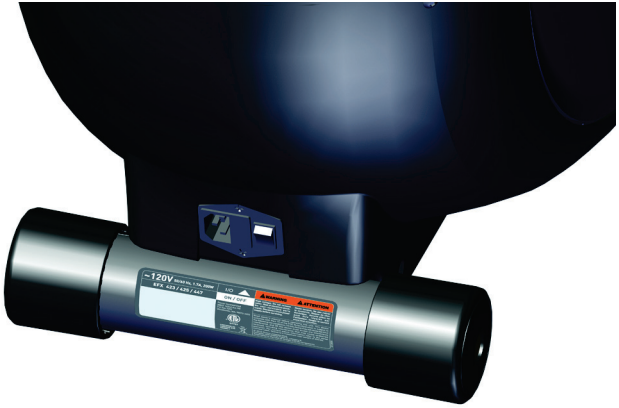

Figure 1: EFX serial number label position

The console serial number is located inside the USB connector compartment on the back of the console. You will need to open the cover of this compartment to see the number.

Figure 2: Console serial number label position

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EFX Safety Features

The Elliptical Fitness Crosstrainer™ (EFX®) is equipped with certain items that, when used properly, help sustain a safe and enjoyable workout. These items include:

- Locking pin
- Power switch

Important: *Before exercising, review the Important Safety Instructions found at the beginning of this manual.*

Location

It is important to keep the area around the equipment open and free from encumbrances such as furniture or other fitness equipment. For user safety and proper maintenance, be sure to allow three feet (one meter) of space on all sides of the equipment.

Turning the Unit On and Off

To turn the unit on and off, use the power switch located on the back of the unit, near the power cord connection. Refer to the following figure to see the location of the switch.

Important: *When the unit is not being used, turn it off.*

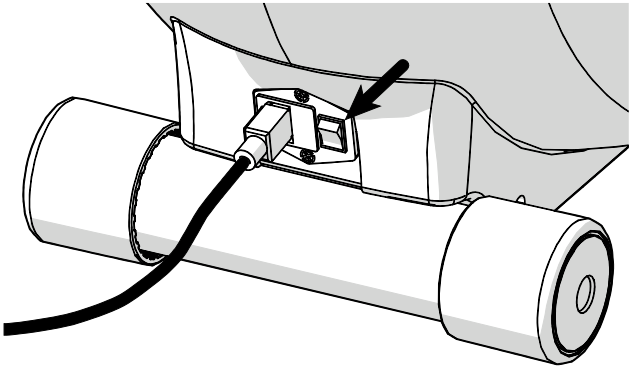


Figure 3: Power switch location

Using the Locking Pin

Your EFX is equipped with a pin and lanyard to lock its pedals (and arms, if it has moving arms) in place. To lock the EFX, insert the pin securely into one of the holes just behind the rollers.

Important: *The locking, spring-loaded ball near the end of the pin must pass through both sides of the arm. You should be able to feel it when it clicks into place.*

The following figure shows how the pin looks when it is properly seated.

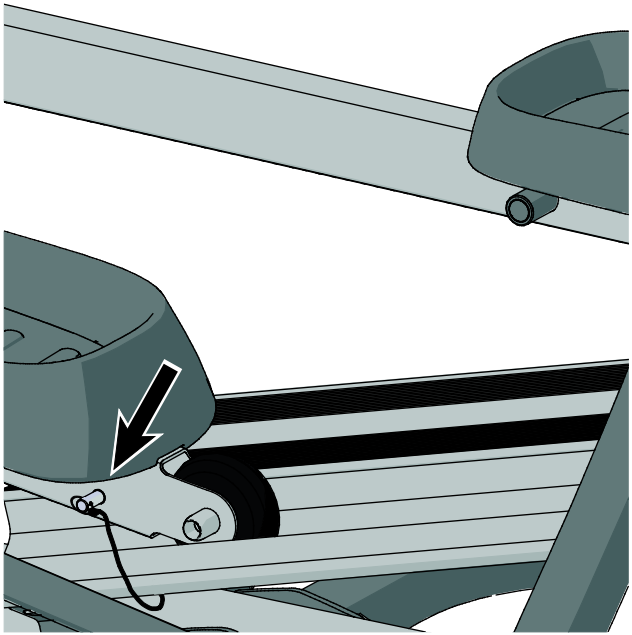


Figure 4: Locking pin in use

When you want to use the EFX, remove the pin from the hole and store it in the hole under the bottom of the ramp. The following figure shows how the pin should look while the EFX is in use.

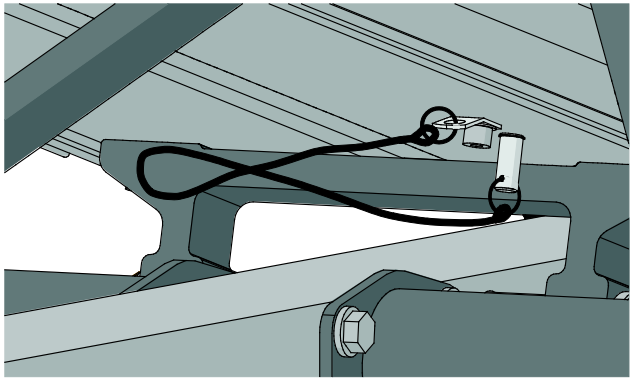


Figure 5: Locking pin in storage during a workout

Getting Started

As you get to know your new Precor® EFX® and your own fitness goals, you'll use the advanced features of the equipment more often. To begin with, though, here's an easy way to start out.

Note: These instructions assume that your equipment has been completely installed and set up.

WARNING: Read through ALL of the safety information in this manual before you use the equipment.

To get started with your new EFX:

1. Turn the equipment on if necessary.
2. If the locking pin is engaged, release it (refer to *Using the Locking Pin*).
3. Hold one handrail and step onto the pedals.
4. Grasp the handlebars securely.
5. Touch one of the following buttons:
   - **Go** (to start the suggested workout)
   - **QuickStart**
6. Use the motion controls to adjust the intensity of your workout. The control on the left adjusts CrossRamp® height, and the control on the right adjusts resistance.

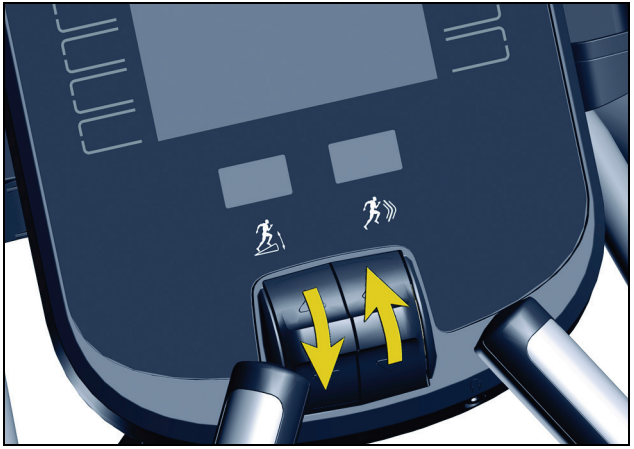


Figure 6: Motion controls

7. If you need to end your workout early, touch **Pause**, then **Finish**, and finally **Home**.

Using CrossRamp

CrossRamp is a Precor technology that helps you get more out of your EFX. As you select different CrossRamp settings, the angle of the roller ramp changes while your body remains in a biometrically correct position. In addition to increasing the intensity of your workout, higher CrossRamp settings change the motion of your feet and legs, bringing additional focus to your quadriceps and gluteal muscles. The following two figures show how the different CrossRamp settings target different muscle groups in your lower body.

Note: On 400-series EFX models, the CrossRamp range is available as a larger number of smaller level changes than those available on 200-series models. The following figures show the differences between the level settings on these different EFX models.

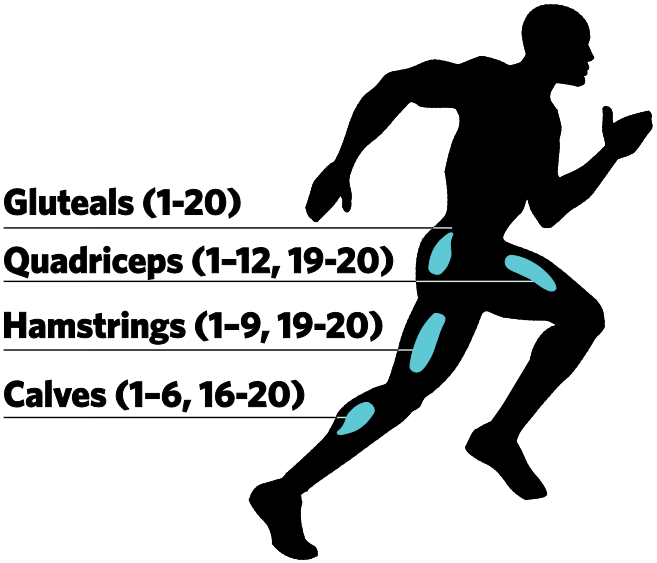


Figure 7: Muscle groups targeted by CrossRamp (400-series EFX models)

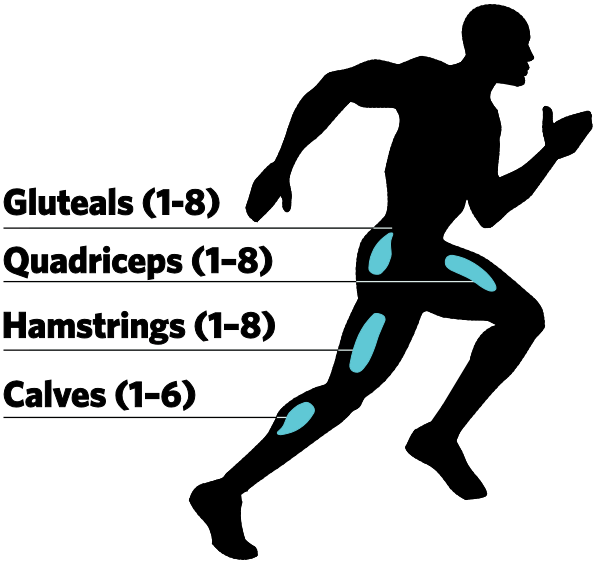


Figure 8: Muscle groups targeted by CrossRamp (200-series EFX models)

Be sure to try different CrossRamp settings during your workout. In addition to exercising different groups of muscles, you may also find that certain settings adjust the performance of the EFX to your height and body geometry.

Note: If your EFX is equipped with movable arms, using them also exercises muscle groups in your arms and chest. Note also that 200-series EFX models provide a more limited range of CrossRamp levels.

Using the Console Controls

The figure and table on the following page show the main areas on the front surface of the console. You can reach any menu, setting, control, or feature of your equipment by using these areas.

Figure 9: Controls and display areas

Table 1. Console feature descriptions

Area	Purpose
1	The **display screen** shows you what the equipment is currently doing and how you are using it. As you work with the equipment, the available options appear next to the buttons along the left and right edges of this area. If you've connected a player to the console and are using it while you work out, the current track information appears along the top edge. **Note:** You must use your player's screen to display video, but you can play its audio portion through the console.
2	Touch the capacitive **buttons** to enter your personal settings, set up the equipment, and choose workouts. Depending on what you're doing, these buttons have different names and purposes. The names of the buttons appear next to them on the display screen.
3	The **level indicators** show how intense your workout is at the moment. The indicator on the left shows the CrossRamp® setting and the indicator on the right shows resistance.

Area	Purpose
4	The **motion controls** set the intensity levels shown on the level indicators.
5	The **playback controls** navigate through the tracks and set the volume on your Apple® device, if it is connected to the console.

The following figure shows how the home screen appears on the console. All eight buttons are active, and the name of each button appears next to it.

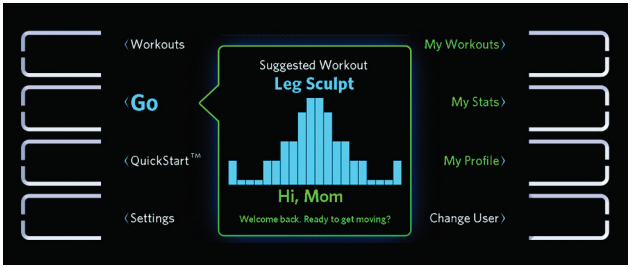


Figure 10: Home screen and capacitive buttons

Connecting Your Apple Device

The reading tray at the top of your display console can also hold an iPad®, iPhone®, or iPod® device. If you connect your device to the console, you can use the console's headphone connector and playback controls to listen to your audio more conveniently, without risk of dropping your device during your workout. If you have the Preva® mobile app installed on your iPhone, you can also upload the your workout results to your Preva account.

Tip: If you are using a different mobile device that has a USB charging cable, you can charge your device by connecting it to the console. However, the console's playback controls and headphone connector work only with Apple devices.

To connect your device to the display console:

1. Gently open the access cover on the back of the console, as shown in the following figure.

Figure 11: Opening the access cover

2. Feed the USB connector on your device's data and charging cable through the opening in the reading tray.

3. Insert the USB connector into the jack on the back of the console, as shown in the following figure.

Figure 12: USB connector positioning

4. Close the access cover.
5. Plug the other end of the cable into your device.
6. Feed any excess cable through the opening in the reading tray.

Setting Up Your Equipment

After the console is installed, it needs the following information to work correctly:

- The model number of the equipment
- The date and time
- Your measurement preferences (kilometers or miles)

You will need to enter this information before you can start to use the equipment. If you need to change it later, you can do so at any time (refer to *Changing the System Settings*).

Note: You can find the model number of your equipment on the sales receipt, invoice, or packing list that you received with the equipment.

To set up the console:

1. Turn the equipment on.
2. At the Welcome screen, touch **Start**.

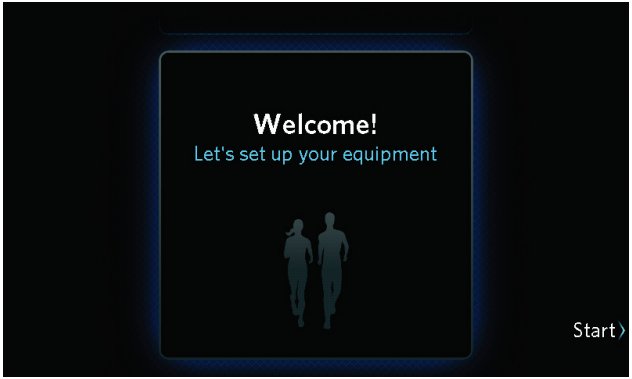


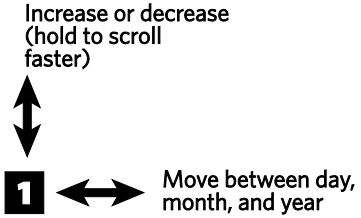
Figure 13: Welcome screen

3. At the Initialize Your Equipment screen, touch **Next**.

4. At the Model screen, use the up and down arrow buttons to select the model you have, then touch **Next**.

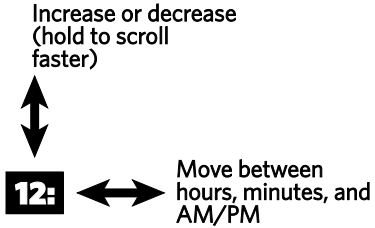
Figure 14: EFX Model screen

5. At the Date screen, use the arrow buttons to enter the current date.



When you have finished entering the date, touch **Next**.

6. At the Time screen, use the **12 Hour / 24 Hour** button and the arrow buttons to enter the current time.



When you have finished entering the time, touch **Next**.

7. At the Unit Preference screen, use the up and down arrow buttons to select kilometers or miles, then touch **Next**.

Figure 15: Unit selection

8. At the Equipment Settings screen, review the information you have entered.

If ...	*Then touch ...*
All of the information is correct	**Save**
Some of the information needs to be changed	**Back** or **Edit**

Figure 16: Equipment Settings screen

9. Continue according to whether you want to set up the first user profile for this equipment.

If ...	*Then touch ...*	*And ...*
You want to set up a user profile	**Next**	Set up a profile (refer to *Creating User Profiles*).
You do not want to set up a user profile right now	**Skip**	Use the equipment as a guest.

Important: *If you do not set up user profiles now, be sure to set them up as quickly as possible. Anyone who uses this equipment regularly will need a user profile to track progress, personal information, and favorite workouts.*

Measuring Your Heart Rate

Precor cardio equipment can measure your heart rate in one of two ways:

- If you have a chest strap (for use with a fitness watch, for example), the equipment can receive the heart rate signal the strap transmits.
- You can grasp the heart rate sensors on the handlebars.

When the equipment detects your heart rate, the following things happen:

- The heartbeat indicator (icon) begins to flash.
- After a few seconds, the console displays your current heart rate.
- If SmartRate is on, a second heartbeat icon appears over your current heart rate zone (refer to *Using SmartRate*).

Before you start working out, make sure you know your maximum heart rate. Then, as you work out, be sure to reduce the intensity of your exercise if you reach or exceed that number.

CAUTION: Your heart rate should never exceed 85% of your maximum heart rate.

You can use the following formula, provided by the American College of Sports Medicine®, to figure out your maximum heart rate:

Maximum heart rate = 207 – (your age × 0.67)

Your typical target heart rate is 70% of your maximum rate.

The following graph shows how your effective heart rate ranges vary with your age.

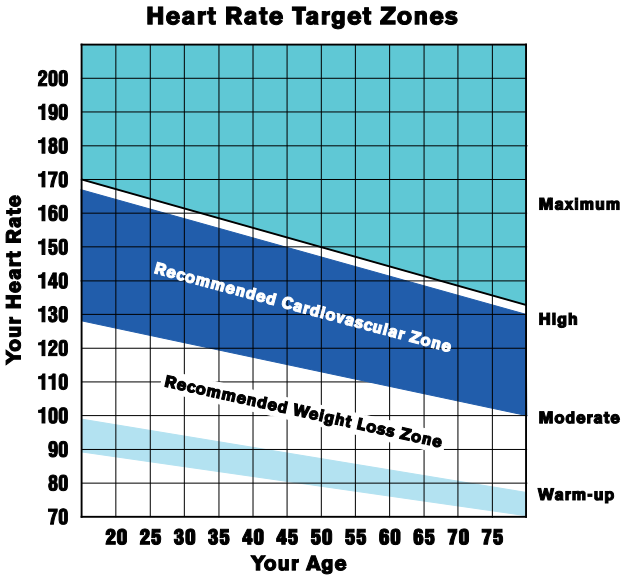


Figure 17: Heart rate target zones

On the Workout List, you can find several heart rate workouts (refer to *Available Workouts*). These workout courses automatically manage your heart rate at a target level based on your age. By monitoring your heart rate and making changes to the equipment's settings as you exercise, the workouts keep your heart rate within a few beats per minute of the target rate.

Using SmartRate

You must be signed in under your user profile to use this feature.

During your workout, SmartRate® maps your heart rate on a scale of different target zones that show you what kind of conditioning you're getting. These zones are defined as percentages of your maximum heart rate. Your maximum heart rate is based on the following formula:

Heart rate limit in beats per minute = 207 beats per minute – (your age in years × 0.67)

At any time during your workout, your actual heart rate is some percentage of this number. SmartRate uses that percentage to find your current zone. For example, if you were 35 years old and wanted to work out in the suggested cardiovascular zone, your target heart rate would be between 128 and 154 beats per minute.

(207-(35 × 0.67)) × 70% = 128 beats per minute

(207-(35 × 0.67)) × 84% = 154 beats per minute

The following table shows the percentage ranges for each zone.

Table 2. SmartRate zone boundaries

Heart Rate Range	SmartRate Zone
Less than 54% of limit	Warm-up
55%–69% of limit	Moderate (good for weight loss)
70%–84% of limit	High (good for cardiovascular conditioning)
Above 85% of limit	Maximum

CAUTION: Your heart rate should never exceed 85% of your maximum heart rate or go into the Maximum zone. If it does, reduce the intensity of your workout IMMEDIATELY.

If SmartRate is on, you will see a heart rate indicator (♥) over the SmartRate zone bar during your workout. This indicator shows where your current heart rate falls within the active zone. You can then change the intensity of the workout to stay within the zone you want.

Figure 18: SmartRate zone bar

To make sure that SmartRate works correctly, you need to make sure of the following things:

- Your age is properly set in your user profile.
- The equipment can read your heart rate properly. If you are using a chest strap, you must moisten and position it properly. If you are using the touch-sensitive grips on the equipment, you must maintain contact with both grips for five to ten seconds.

Note: SmartRate is on by default, but it is not available if the Guest account is selected.

To turn on SmartRate:

1. During your workout, touch **Options**.
2. At the Options screen, touch **SmartRate On**.
3. Touch **Back** to return to your workout.

Note: There is only one SmartRate button on the Options screen. If SmartRate is currently on, the button is named **SmartRate Off**. If SmartRate is currently off, the button is named **SmartRate On**.

Getting Accurate Heart Rate Readings

To work reliably, heart rate sensors need to be securely in contact with your skin. Use the following guidelines to make sure they are.

To attach a chest strap:

WARNING **Signals used by the chest strap transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Contact your doctor, the manufacturer of the chest strap, and the manufacturer of the implanted device before using a chest strap transmitter.**

Important: *Precor cardio equipment works with 5 KHz chest straps only. It does not work with Bluetooth® -based chest straps, which are designed for use with mobile apps.*

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

1. Carefully dampen the back of the strap with tap water. Refer to the following figure.

   Note: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

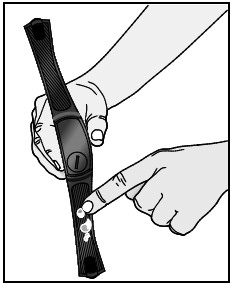


Figure 19: Moisten chest strap

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive. Refer to the following figure.

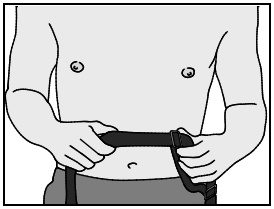


Figure 20: Adjust chest strap

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest. Refer to the following figure.

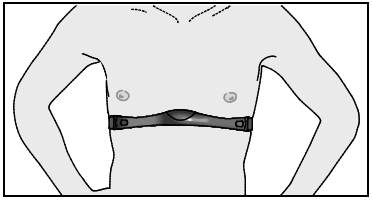


Figure 21: Fasten chest strap

4. After you put on the chest strap, face the display console for a few seconds. This allows the receiver in the console to recognize the signal from the chest strap.

If you use the touch-sensitive grips, be sure to grasp them securely (but not tightly—use a loose, cupping hold) on both sides. You may need to wait for 15 to 20 seconds before your heart rate is displayed.

Important: *The touch-sensitive grips work well for most people. However, because of their body chemistry or erratic heartbeats, a few people cannot use the grips. If this applies to you, a chest strap may provide better results. However, do not grasp the touch-sensitive grips while wearing a chest strap—using both at the same time can cause erratic heart rate readings.*

Setting Your Target Heart Rate

You must be signed in under your user profile to use this feature.

Once you have set your target heart rate, some of the built-in workouts can help you stay at that heart rate for your entire exercise session.

Important: *You cannot change your target heart rate during a heart rate controlled workout. Also, your heart rate setting is not saved along with your workout.*

To set your target heart rate:

1. During your workout, touch **Options**.
2. At the Options screen, touch **Change Target HR**.
3. At the Set Target Heart Rate screen, use the up and down arrow buttons to adjust your target heart rate. As the rate changes, the corresponding SmartRate zone for your age appears next to it.

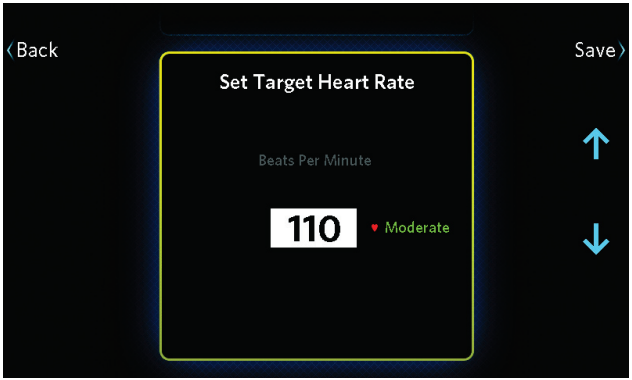


Figure 22: Set Target Heart Rate screen

4. When you have finished setting your target heart rate, touch **Save** to register your changes and return to the Options screen.
5. Touch **Back** to return to the workout status display.

Troubleshooting Heart Rate Readings

If your heart rate readings look wrong, or if you do not see any readings at all, check the following list for possible causes. If the solutions in this list do not solve the problem, contact your dealer or Precor Customer Support.

No Heartbeat Icon or Heart Rate Display

The heart rate sensors may not be in secure contact with your skin. Try the following solutions.

For touch-sensitive grips:

- Make sure that your hands grasp the touch-sensitive grips continuously and firmly (but not tightly) for at least five to ten seconds.
- Check that the palms of your hands are not covered with any sort of salve, rub, or lotion. If they are, wash them.
- Check that your hands are not too dry. If they are, moisten them slightly.

For a chest strap:

- Make sure the strap is fastened, positioned, and moistened correctly.
- Make sure the strap is compatible with the equipment. It must be a 5 kHz strap. Heart rate straps that function at other frequencies, and Bluetooth-based straps, are not compatible with this equipment.

The Displayed Heart Rate Is Wrong Or SmartRate Doesn't Work

The touch-sensitive grips may not be making secure contact. Try the following solutions:

- Make sure that your hands are clean, slightly moist, and positioned as described earlier in this table.
- Try using a chest strap instead of the grips.

If you are trying to use the grips and an active chest strap at the same time, choose one or the other. Either do not grasp the touch-sensitive grips, or remove or turn off the chest strap.

Choosing and Completing a Workout

The instructions shown earlier in this manual (refer to *Getting Started*) provide the simplest possible steps for getting started with your new fitness equipment. In most cases, you'll want to start with one of the preprogrammed workouts available on the equipment. This chapter explains how to select a workout and describes the changes you can make as it progresses.

Note: If you're signed in under your user profile, you can save your completed workout as a personal favorite and use it again later (refer to *Finishing Your Workout*). If you've made any adjustments to the intensity of the workout, your changes will be stored as well.

The human body is extremely efficient. If it makes the same motion regularly over many days or weeks, it learns to make that motion with less and less effort. This process, called *muscle adaptation*, has one drawback—the longer you stick to the same workout, the less good that workout does you.

To prevent muscle adaptation from setting in as you work out, try different kinds of workouts on different days. By keeping your muscles guessing, you'll keep your energy use up, promoting faster weight loss and better conditioning.

The workouts on your Precor fitness equipment are organized by goal. Under each goal there are workouts of different types, which provide different benefits:

- **Interval workouts** help exercisers improve strength, endurance, aerobic fitness, and anaerobic fitness. They alternate between stages of higher and lower intensity called *work stages* and *rest stages*. During the rest stages, your metabolic and heart rates slow down. Meanwhile, your body takes in and distributes more oxygen for the next work stage. Over time this pattern keeps your calorie use up, promoting weight loss, improved aerobic response, and increased overall stamina. To improve your general fitness over time, start with a 1-1 interval workout, then progress to the 2-1 workout, then the 4-1 workout. To enhance your peak performance, choose a 1-2 or 1-4 workout and set a challenging level for the work stages.
- **Aerobic workouts** are designed to keep your oxygen consumption as high as possible, which improves your fitness over time. Benefits of aerobic conditioning include greater heart and lung capacity, stress management, and an overall sense of vitality.
- **Weight loss workouts** are designed to maintain a steady-state, lower-intensity level of exercise, keeping you in a workout zone that burns a higher amount of fat calories.
- **Toning and sculpting workouts** focus on improving the shape and definition of specific groups of muscles.
- **Terrain workouts** simulate an outdoor run, walk, or climb.
- **Distance workouts** simulate popular distance runs.
- **Heart rate controlled workouts** hold you at an optimal heart rate for your training goal by adjusting intensity to keep you at a fixed exertion level.
- The **fitness test** is a multi-stage test of increasing intensity used to predict your maximum aerobic capacity and estimate your current fitness level.

Tip: If you are signed in under your user profile, you can adjust most workouts and save them as favorites. The adjustments in your saved workout can be as frequent as every 15 seconds. For example, to create a high-intensity interval training (HIIT) workout, you can make your work stages as short as 15 seconds.

Choosing a Workout

When you start your workout, the following options are available on the home screen:

- **QuickStart** (begin a manually defined workout)
- **My Workouts** (use a favorite workout that you have saved)
- **Go** (use a workout suggested by the equipment)
- **Workout list** (select from a list of predefined workouts)

The following sections describe each of these options.

Choosing QuickStart

The QuickStart option allows you to get moving as quickly as possible—just touch **QuickStart** and start exercising. This workout is manually controlled and starts out with the intensity settings at their lowest levels. Simply adjust the settings to produce the workout profile you want.

Tip: You can use QuickStart to design and save a workout of your own (refer to *Finishing Your Workout*). Touch **My Workouts** to use the saved workout again later.

Repeating a Saved Favorite Workout

You must be signed in under your user profile to use this feature.

In addition to the workouts that come with the equipment, you can create your own favorite workouts and save them for use again later. The equipment also remembers your last four workouts whether you save them or not. To use a recent or saved workout again, touch **My Workouts** (refer to *Finishing Your Workout*).

Figure 23: My Workouts button

Using the Suggested Workout

The equipment always displays a suggested workout when you first turn it on. If you are signed in under your user profile, the equipment suggests a workout that will help you concentrate on your primary focus. To start the suggested workout, simply touch **Go**.

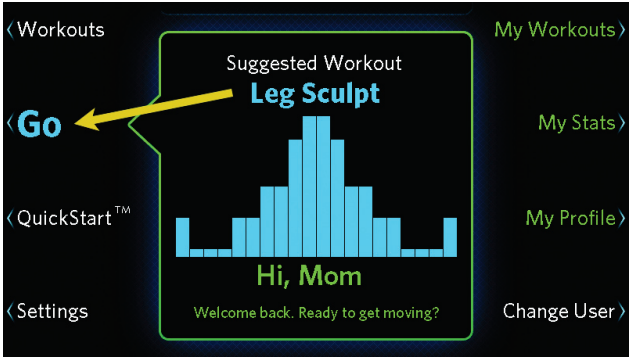


Figure 24: Go button

Selecting a Workout from the Workout List

Your fitness equipment has been programmed with a library of workout plans designed to help you meet your fitness goals. The workouts are arranged by goal:

- **Be Fit**
- **Lose Weight**
- **Push Performance**
- **Get Toned**
- **Go the Distance** (complete a distance run, such as one mile or 5K)
- **Fitness Test**

Note: You choose one of the first four as your primary focus when you create your user profile (refer to *Creating User Profiles*). After that, your focus is highlighted in the workout list, and the workout assigned to the **Go** button is always a workout associated with that focus. However, you can always choose any workout, no matter what your primary focus is.

To select a workout:

1. At the home screen, touch **Workouts**.

Figure 25: Workouts button

2. Use the up and down arrow buttons to select a focus.

3. Touch **Open** to show the workouts available for that focus. (Touch **Close** to hide them again.)

Figure 26: Workout type selection

4. Use the up and down arrow buttons to highlight the workout you want, then touch **Start**.

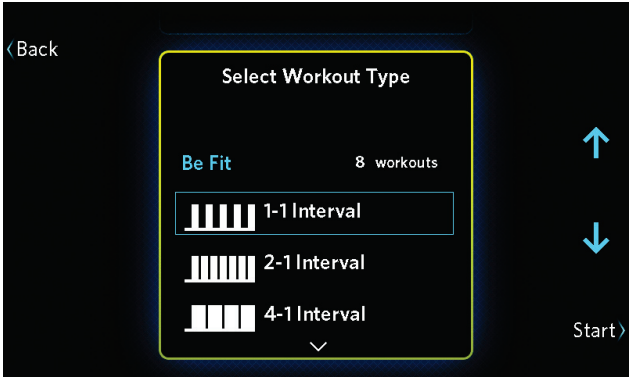


Figure 27: Workout selection

Available Workouts

Your fitness equipment includes a wide selection of workouts that are carefully designed to make sure you get the best results out of every workout.

The training parameters for these workouts vary according to their training goals. In this chapter, the following symbols describe how each workout varies its intensity and how you can modify it:

The workout changes this type of intensity automatically.

You can manually adjust the changes that the workout makes.

Be Fit

Workout	Profile	CrossRamp	Resistance
1-1 Interval: Cycles of two minutes of work and two minutes of rest.			
2-1 Interval: Cycles of two minutes of work and one minute of rest.			
4-1 Interval: Cycles of four minutes of work and one minute of rest.			
Total Body Interval: Cycles of intense exercise and resting periods designed to train your upper and lower body at the same time. The equipment provides instructions on how best to exercise your arms and when to pedal backward.			
Rolling Hills: A simulated run over gradually steeper hills.			

Workout	Profile	CrossRamp	Resistance
Mountain Peaks: A simulation of a two-summit climb. (No climbing gear required!)			
Hill Climb: A simulation of a steady climb to the top of a large hill. The equipment provides instructions on when to pedal backward.			

Workout	Profile	CrossRamp	Resistance
Heart Rate Cardio: Work and rest cycles managed by the equipment to keep your heart rate at the best level for moderate cardiovascular conditioning.			

Lose Weight

Workout	Profile	CrossRamp	Resistance
4-3 Interval: Cycles of four minutes of work and three minutes of rest.			
Aerobic: Workout routine designed to challenge and improve your aerobic fitness.			
Fat Burner: Calorie-burning routine with cycles of gradually increasing resistance.			
Heart Rate Fat Burn: Workout managed by the equipment to keep your heart rate at the most effective level for weight loss (moderate intensity, but with a high-intensity stage in the middle).			

Push Performance

Workout	Profile	CrossRamp	Resistance
1-4 Interval: Cycles of one minute of intense exercise and four minutes of rest.			
1-2 Interval: Cycles of one minute of intense exercise and two minutes of rest.			
Heart Rate Zone: Quick bursts of intense exercise, managed by the equipment to keep your heart rate at a high performance level.			

Get Toned

Workout	Profile	CrossRamp	Resistance
Glute Toner: Gradually increasing intensity with an abrupt drop-off, designed to improve the shape of your thighs and gluteal muscles.			
Glute Toner Plus: More intense workout targeting your thighs and gluteal muscles.			
Leg Sculpt: Cycles of increasing intensity designed to define and strengthen your leg muscles.			
Leg Sculpt Plus: More intense version of the Leg Sculpt workout.			

Note: To provide the best possible results, the equipment advises you to pedal backward during certain stages of these workouts.

Go the Distance

This group of workouts allows you to set your preferred intensity levels for one of the following distances:

- **1 Mile**
- **5K**
- **10K**

Note: During these workouts, the equipment does not modify workout intensity in any way.

Fitness Test

The Fitness Test consists of stages that last between three and five minutes. The equipment prompts you to choose the CrossRamp setting you want to use before the test begins. Then, at each successive stage of the test, the workout becomes more intense and the equipment increases your target heart rate. After you complete the test, the equipment displays your score.

The treadmill ends the test prematurely if either of the following things happen:

- The treadmill cannot detect your heartbeat.
- Your heart rate exceeds 85% of your maximum safe rate for 15 seconds or more.
- Your heart rate changes too quickly.
- You stop pedaling.

Important: *For best results, sit and rest for at least five minutes before you take the test. After the warm-up stage of the test, you cannot adjust the CrossRamp or resistance levels.*

To see how your performance level increases with exercise over time, try taking the fitness test as soon as possible after you install the equipment. Then, as you keep working out, take the fitness test from time to time and watch your results improve.

Refer to the following two tables to compare your fitness level to typical levels for your age and gender.

Table 3. Cardio-Respiratory Fitness Score Category (Women)*

	Fitness Category		
Age in Years	**Low Fitness**	**Medium Fitness**	**High Fitness**
20-39	28 or below	28-33	33 or above
40-49	26 or below	26-31	31 or above
50-59	24 or below	24-28	28 or above
60 or over	22 or below	22-26	26 or above

Table 4. Cardio-Respiratory Fitness Score Category (Men)*

	Fitness Category		
Age in Years	**Low Fitness**	**Medium Fitness**	**High Fitness**
20-39	35 or below	35-42	42 or above
40-49	32 or below	32-39	39 or above
50-59	29 or below	29-36	36 or above
60 or over	24 or below	24-31	31 or above

* The test and analysis algorithm were developed by Dr. Emily Cooper of Seattle Performance Medicine (www.spmedicine.com).

Changing Settings and Metrics While You Work Out

When you start a workout, you select a pre-defined program. However, in addition to changing the intensity of the workout, you can change many of its other aspects. You can also adjust the workout progress graph so that it displays the information you want to see.

You can make the following changes at any time:

- Workout selection (between workouts that can be interrupted)
- Workout length
- Information displayed on progress graph
- Metrics displayed on screen
- Metrics Scan (all available metrics appear in sequence on the screen)

In addition, if you are signed in under your user profile, you can change the following:

- Target heart rate (except for heart rate controlled workouts)
- SmartRate activation / deactivation

Changing Your Workout Length

The normal length of your workout (the *default duration*) is preset to 30 minutes. If you want to choose a different amount of time, you can do that after you have started your workout.

To change the length of your current workout:

1. At the main workout screen, touch **Change Time**.

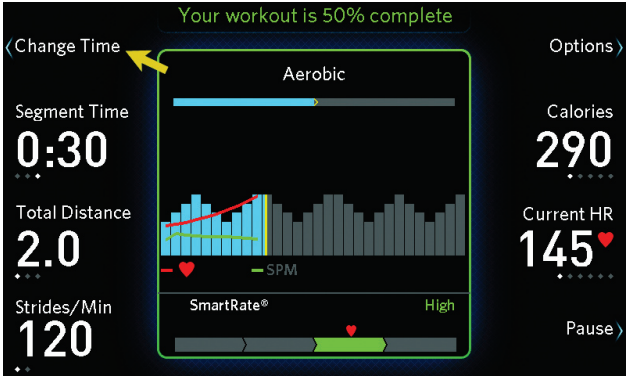


Figure 28: Change Time button

2. Use the up and down arrow buttons to increase or decrease the length of your workout.

Figure 29: Change Duration screen

3. Touch **Save** to return to the main workout screen.

   Note: Touching **Back** instead of **Save** returns you to your workout without saving the changes.

Changing the Workout Display

While you are working out, you can choose different measurements of your progress, or *metrics*, as shown in the following figure and table. Simply touch the button next to the measurement you want to change.

Note: If you are signed in under your user profile, the equipment will save your display settings and metrics selections for the next workout, even if you don't save your workout.

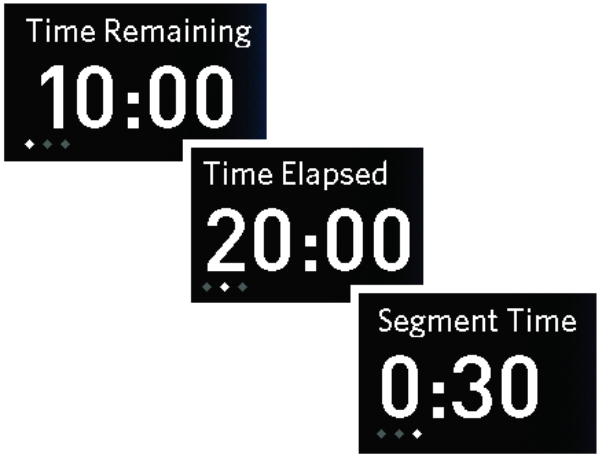


Figure 30: Time measurement selection

Table 5. Workout metrics

Metric	Types Available
Workout Time	• **Time Elapsed** (the amount of time you've been exercising during this workout) • **Time Remaining** (the amount of time left in the workout) • **Finish Time** (for workouts whose total distance is defined) • **Segment Time** (time remaining in the current intensity segment of the workout)
Achievement	• **Total Distance** • **Distance Remaining** (for workouts whose total distance is defined) • **Total Strides** (total number of strides completed) • **Elevation Gain** (total for this workout)
Speed	• **Strides / Min** (current speed in strides per minute) • **Avg Strides / Min** (average speed for the whole workout, in strides per minute
Energy Use	• **Calories** (total for this workout) • **Calories / Min** (calories per minute) • **Calories / Hr** (calories per hour) • **METs** (metabolic equivalents)* • **Watts**

Metric	Types Available
Heart Rate	• **Current HR** (current heart rate) • **Current Zone** (current SmartRate zone: warm-up, moderate, high, or maximum) • **Average HR** (average heart rate in this workout) • **Max HR** (maximum heart rate in this workout) • **Target HR** (target heart rate) • **Time in Zone** (time elapsed in the current zone, moderate and high zones only)

*You can think of one MET as the amount of energy you use while sitting still, based on your body weight. If you're working out at three METs, that's three times the energy you would use if you weren't moving. Some personal trainers and medical professionals suggest tracking METs instead of calories because your MET target doesn't change as your weight changes.

If you want to see all of this information during your workout, you can turn on Metrics Scan. While Metrics Scan is on, each metric changes every three seconds to show all of the types of information it can display.

To turn on Metrics Scan:

1. During your workout, touch **Options**.
2. At the Options screen, touch **Turn On Metrics Scan**.

   Note: to turn off Metrics Scan, repeat the preceding steps. The **Turn On Metrics Scan** button is renamed **Turn Off Metrics Scan** if this feature is active.

You can also change the information shown in the progress graph during your workout.

To change the progress graph:

1. During your workout, touch **Options**.
2. At the Options screen, touch **Change Graph**.
3. Use the arrow buttons to move between the types of information you can display on the graph (strides per minute, CrossRamp, or heart rate). Touch **Add** or **Remove** to select one or two types of information.

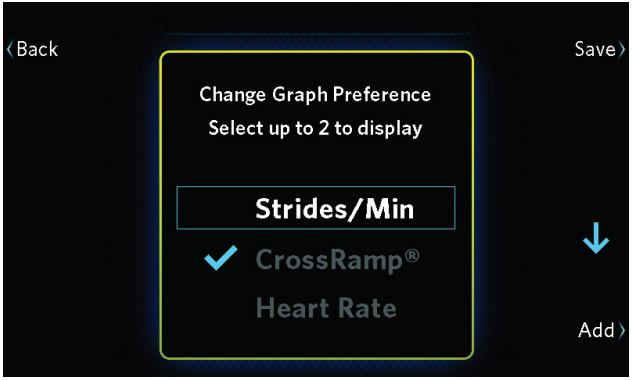


Figure 31: Change Graph Preference screen

4. Touch **Save** to save your changes and return to the workout progress graph. The types of information you selected appears as lines in the graph.

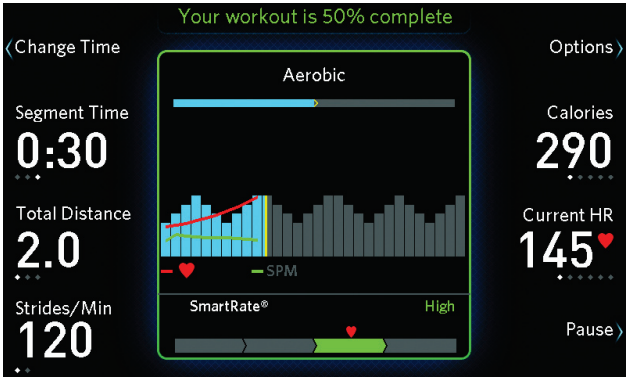


Figure 32: Progress graph with heart rate and strides-per-minute (SPM) lines

Note: The bars in the progress graph can describe strides per minute, CrossRamp, or a combination of both (refer to *Available Workouts*). The width of each bar corresponds to one minute for timed workouts, or 200 meters (656 feet) for distance-controlled workouts. These bars scroll from right to left as your workout continues. The line above the bars shows the entire length of your workout and your current position in it.

Changing Your Mind During Your Workout

As your workout continues, you might find that you'd rather be doing a different workout than the one you originally selected. If so, you can switch from one workout to another without stopping. The actual results of your combined workout will be saved in your profile, and you can save the mixed workout to use it again later (refer to *Finishing Your Workout*).

Note: You can't change to a heart rate workout or a fitness test, and you can't change from a fitness test to another workout.

To change a workout in progress:

1. Touch **Options**.
2. On the Options screen, touch **Change Workout**.
3. Select a new workout from the workout list, then touch **Start**.

   Note: If you want to use one of the workouts you have completed recently, touch **Recent Workouts**. Use the up and down arrow buttons to select the workout you want, then touch **Start**.

Finishing Your Workout

If you need to end your workout early, simply touch **Pause**, then **Finish**. You will see a summary of what you have accomplished during the workout. All of the metrics around the edges of the screen show your totals and averages for the entire workout, and the progress graph remains in the center of the screen.

If you finish the workout normally, you go through a short, less intense cooldown stage after the workout itself. This additional stage brings your heart rate down in a gradual, controlled manner and helps prevent stiff, sore muscles later. After the cooldown stage, the Workout Summary screen appears. You can see the effect of the cooldown stage by touching **View with Cool Down** and **View Workout Only**.

Figure 33: Workout Summary screen and View with Cool Down button

Saving Your Workout

You must be signed in under your user profile to use this feature.

At the workout summary screen, you can save the workout you've just finished so you can use it again later. Your saved workout includes any intensity changes you make that last longer than 15 seconds, as well as the actual total time.

Note: You can save your workout only if it lasted five minutes or more. You cannot save your workout under any of the following conditions:

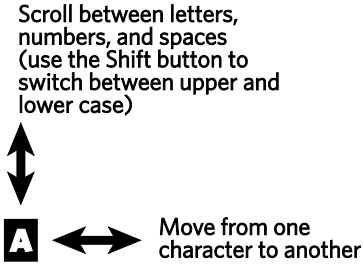
- You worked out for less than five minutes.
- You have changed between a distance workout (such as a 10K run) and a timed workout, in either direction.
- You were using a heart rate controlled workout or taking a fitness test. (You can't store your current heart rate or fitness level.)

To save your workout:

1. Touch **Save Workout**.

Figure 34: Save Workout button

2. At the Name Your Workout screen, use the **Shift** and arrow buttons to enter a name for this workout.


Scroll between letters, numbers, and spaces (use the Shift button to switch between upper and lower case)
A
Move from one character to another

Note: If you prefer not to name the workout, you can also leave the default name of "Favorite *number*", where *number* is a single digit.

3. When you have finished specifying the name, touch **Save**.

To use a saved workout again:

1. If necessary, switch to your own user profile (refer to *Choosing a User Profile*).
2. At the home screen, touch **My Workouts**.

   Note: Your saved workouts are listed in the order in which you last used them, with the most recent workout first.
3. Use the up and down arrow buttons to select a workout, then touch **Start**.

   Note: The duration and total distance of a saved workout cannot be changed.

Checking Your Weekly Progress

You must be signed in under your user profile to use this feature.

To see how much progress you've made each week, touch the **My Stats** button on the home screen. This button takes you to the My Stats screen, where you can see the following weekly totals:

- Workouts completed
- Distance covered
- Time (hours and minutes) completed
- Calories burned

Figure 35: My Stats screen

Touch **Home** to return to the home screen.

To track your progress over more than one week, and to coordinate your workouts on this equipment with your other forms of exercise, connect to Preva before each workout (refer to *Tracking Your Progress with Preva*). Using Preva, you can manage all of your exercise toward a single weekly goal and track your lifetime progress as well.

Note: Each week starts on Monday and ends on Sunday.

Tracking Your Progress with Preva

Preva is a free, cloud-based service from Precor that tracks all of your exercise—at home, at the gym, or outdoors—to help you stay focused on your fitness goals. Through your iPhone device and Preva-equipped Precor fitness equipment, Preva tracks all of your workouts and lets you know whether you're on track, ahead, or behind your goals. It also helps you celebrate major milestones in your progress (including some with actual miles or kilometers) and keeps your workout history.

To make sure Preva follows the progress you make on your new fitness equipment:

1. If necessary, download the free Preva app from iTunes® or the Apple App Store℠.
2. Make sure that you are signed in to Preva.
3. At any time before you finish your workout, connect your iPhone to your equipment.

   Note: before you begin your workout, you will need to connect your iPhone data cable to the console (refer to *Connecting Your Apple Device*).
4. Check to make sure that the playback controls appear on the console, indicating that your iPhone is properly connected.

At the end of the workout, your workout information is uploaded automatically to your Preva account. Your Goal Compass™ and your workout history are updated to include this workout.

Creating User Profiles

When you first create your user profile, you start by storing your personal information (age, weight, gender, and workout focus). As you continue working out with the equipment, it stores your progress and your workout preferences. In other words, your user profile allows the equipment to fine-tune itself to your needs.

Your user profile allows you to do the following things:

- Use SmartRate, or set your target heart rate, to help ensure you get the cardiovascular workout you want
- Receive workout suggestions based on your own fitness focus
- Save favorite workouts and use them again later
- Set your own default workout duration and display settings
- Automatically see accurate calorie use estimates based on your age
- Track your progress throughout the week

Note: Some features of the equipment are available only if you are signed in under your user profile. Those features are identified with a user profile symbol ( ) in this guide.

The equipment can store profiles for up to four people. Each profile has a unique color and a unique name—you can enter your own name or leave the "User *number*" name that the equipment first assigns to your profile. When you select your profile later, the equipment addresses you by name and all of the screens are accented in your color.

You can change your profile information by touching the **My Profile** button at the home screen.

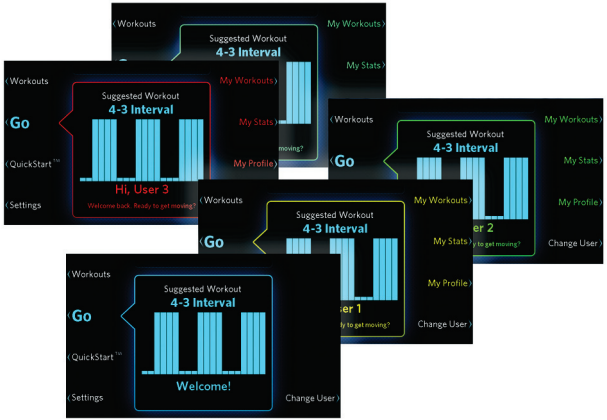


Figure 36: Home screens for all user profiles

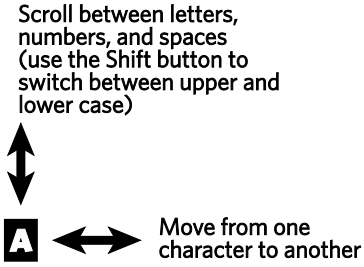
Note: In addition to the four user profiles, a Guest profile is always available. While you use the Guest profile, the equipment does not store settings, results, or workouts.

To create a profile:

1. At the home screen, touch **Change User**.
2. On the user list screen, the buttons on the right show the names of user profiles that have already been created. The first available button is labeled **Add User**. Touch this button to continue.

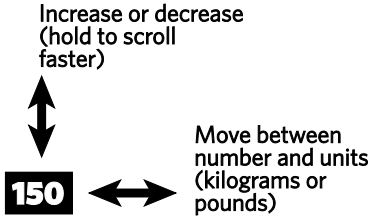
   Note: If no **Add User** button appears, the equipment already has as many user profiles as it can store. In this case, if you want to create an additional profile, you must either edit one of the existing profiles or delete it (refer to *Deleting User Profiles*).

3. On the User Name screen, use the arrow and **Shift** buttons to enter your name.


Scroll between letters, numbers, and spaces (use the Shift button to switch between upper and lower case)
A
Move from one character to another

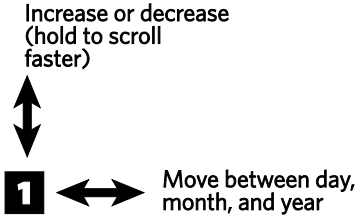
Touch **Next** to continue.

4. On the Enter Weight screen, use the arrow buttons to enter your current weight.



Touch **Next** to continue.

5. On the Select Gender screen, use the up and down arrow buttons to confirm your gender, then touch **Next**.
6. On the Enter Date of Birth screen, use the arrow buttons to enter the date when you were born.



When you have finished entering your birthdate, touch **Next**.

7. On the Select Focus screen, use the up and down arrow buttons to select your workout focus:
   - **Be Fit** (maintain a healthy lifestyle)
   - **Lose Weight**
   - **Push Performance** (challenge and improve your stamina)
   - **Get Toned** (improve your muscle tone)

   Touch **Next** to continue.
8. On the My Profile screen, review the information you have entered.

If ...	*Then touch ...*
All of the information is correct	**Save**
Some of the information needs to be changed	**Back** or **Edit**

As you lose weight, or if you want to change any of your other profile information, you can make your changes easily. Just touch **My Profile** at the home screen. Your profile is then displayed and you can choose individual parts of your profile to change.

Choosing a User Profile

Your fitness equipment can store user profiles for up to four different people. Each person is represented by a different color. Also, a Guest profile is available. Your visitors can choose the Guest profile if they want to use the equipment, but it will not store their results.

Note: SmartRate® is not available when the Guest profile is selected.

To choose a user profile:

1. At the home screen, touch **Change User**.
2. On the user list screen, touch one of the buttons on the right side of the screen.

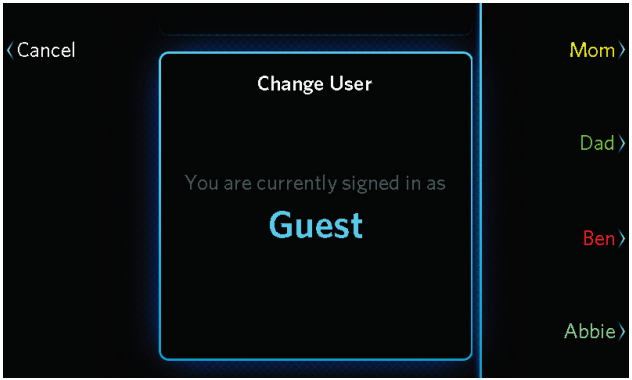


Figure 37: User profiles

Note: The user profile you have selected remains active until someone chooses a different profile.

Changing Your Default Settings

You must be signed in under your user profile to use this feature.

In addition to the overall settings for the fitness equipment, you can adjust the default workout duration assigned to your profile. This duration is normally set to 30 minutes.

To change your user settings:

1. At the home screen, touch **Settings**.
2. At the Settings screen, touch **My Settings**.
3. Use the up and down arrow buttons to make your adjustment, then touch **Save** to return to the My Settings screen.

Deleting User Profiles

You have to select a profile before you can delete it. This helps prevent people from accidentally deleting each other's profiles.

To delete a user profile:

1. At the home screen, touch **Change User**.
2. Using the buttons on the right of the screen, select the user profile you want to delete.
3. After you return to the home screen, touch **My Profile**.
4. On the My Profile screen, touch **Delete Profile**.
5. On the Delete Profile screen, use the up and down arrow buttons to select **Yes**, then touch **Delete**.

Changing the System Settings

When you first set up your equipment, you entered the following information:

- Equipment model number
- Date
- Time
- Units of distance (kilometers or miles)

If you need to change these settings, touch the **Settings** button at the home screen.

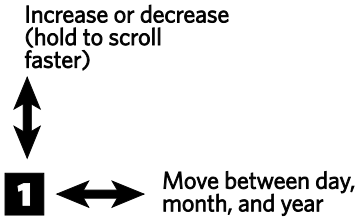
Note: These settings affect all users. For example, if you set the distance units to kilometers, everyone sees their workout distances in kilometers.

To correct the model number:

1. At the Settings screen, use the up and down arrow buttons to select **Model**, then touch **Edit**.
2. At the Set Model screen, use the up and down arrow buttons to select the model you have, then touch **Save**.

To change the date:

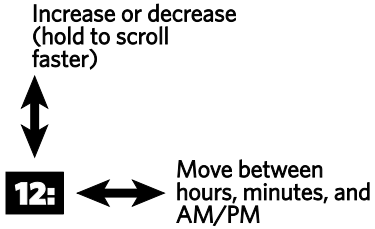
1. At the Settings screen, use the up and down arrow buttons to select **Date**, then touch **Edit**.
2. At the Set Date screen, use the arrow buttons to enter the current date.



When you have finished entering the date, touch **Save**.

To change the time:

1. At the Settings screen, use the up and down arrow buttons to select **Time**, then touch **Edit**.
2. At the Set Time screen, use the **12 Hour / 24 Hour** button and the arrow buttons to enter the current time.



When you have finished entering the time, touch **Save**.

To switch between kilometers and miles:

1. At the Settings screen, use the up and down arrow buttons to select **Distance Units**, then touch **Edit**.
2. At the Set Unit Preference screen, use the up and down arrow buttons to select kilometers or miles, then touch **Save**.

Retrieving System Information

If you ever need to contact your dealer or Precor Customer Service for help, you may be asked to check the equipment's system information and error log.

The following technical information about your equipment is available for reference:

- Software release part number
- Software version numbers
- Hardware version and serial numbers (console)
- LPCA (equipment base unit control circuit) version number
- Total equipment usage (in hours and minutes)
- Odometer (total usage in kilometers or miles)

To view the system information:

1. At the home screen, touch **Settings**.
2. At the Settings screen, touch **Information**.

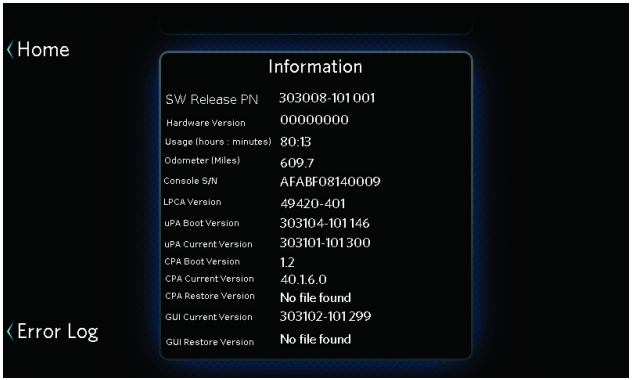


Figure 38: Information screen (example)

3. When you are finished viewing the system information, touch **Home**.

Displaying the Error Log

Each entry in the error log includes the following information:

- An error ID number
- An error code
- Data providing details about the error
- The time and date when the error occurred
- The odometer setting when the error occurred

To display the error log:

1. At the home screen, touch **Settings**.
2. At the Settings screen, touch **Information**.
3. At the Information screen, touch **Error Log**.

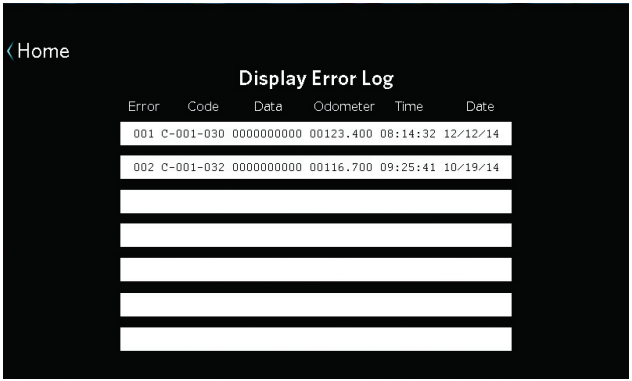


Figure 39: Error log

4. When you are finished viewing the error log, touch **Home**.

Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the equipment as described here could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always unplug the equipment from its power source before cleaning it or performing any maintenance tasks.**

Inspection

Inspect the EFX before use.

Look and listen for loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

Important: *If you determine that the EFX needs service, make sure that the EFX cannot be used inadvertently. Turn the unit Off, insert the locking pin and then unplug the power cord from its power source. Make sure other users know that the EFX needs service.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Cleaning the Equipment

Most of the working mechanisms are protected inside the covers. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the unit's rollers, ramp, foot pedals, handlebars, and covers must be as clean as possible.

Precor recommends the EFX be cleaned before and after each workout to remove dust, dirt, water, and sweat. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the EFX, and remove any accumulated sweat from the EFX after use. Allow the EFX to dry completely before using it again.

Frequently vacuum the floor around the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the foot pedals.

Storing the Chest Strap

Store your chest strap in a place where it remains free of dust, dirt, and moisture, such as in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Long-Term Storage

When the equipment is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people, furniture, or other equipment.

Precor Residential Equipment Limited Warranty

- For Elliptical Fitness Crosstrainers™:
  EFX® 447, 425, 423, 245, 225, 222, and 221
- For Treadmills:
  TRM 445, 425, 243, 223, and 211

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty period set forth below. The warranty period commences on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make claim under warranty, the buyer must notify Precor or their authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

Warranty Periods and Coverage

Represented models of residential product used in the home are warranted for the following periods:

- Lifetime (frame and welds)
- 10 years (parts and wear items, Precision Series equipment)
- 5 years (parts and wear items, Energy Series equipment)
- 3 years (console)
- 1 year (labor)
- Coverage for options and accessories defined below.

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only if:
   a. It is serviced by a Precor certified technician.
   b. It remains in the possession of the original purchaser and proof of purchase is demonstrated.
   c. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications.
   d. Claims are made within the warranty period.
2. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. Warranty of all Precor products applies to residential use only and is void when products are used in a nonresidential environment or installed in a country other than where sold.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary.

Please contact your local Dealer for details.

This limited warranty shall not apply to:

1. Software version upgrades.
2. Cosmetic items, including, but not limited to the following: grips, seats, and labels, or other items, the exterior of which has been damaged or defaced as a result of abuse, misuse, accident, improper service or installation, mishandling, or modification in design or construction not authorized by Precor including use of any non-OEM (Original Equipment Manufacturer) replacement parts.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup, delivery, or freight charges involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM, OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COST INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply. This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

Effective 31 March 2014
P/N 303218-101

Notes:

EFX 447 / EFX 245 Elliptical Fitness Crosstrainers™

Product Specifications

	EFX 447	EFX 245
Length:	84 in (213 cm)	76 in (193 cm)
Width:	31 in (79 cm)	29 in (74 cm)
Height:	67 in (171 cm)	65 in (165 cm)
Weight:	240 lb (109 kg)	214 lb (80 kg)
Power Requirements:	120 VAC, 60 Hz	
CrossRamp Range:	15°–40°	15°–25°
Incline Settings:	1-20	1-8
Resistance Levels:	1–20	1–16
Frame:	Powder-coated steel	
Regulatory Approvals:	FCC, ETL	

Product Features

CrossRamp®	Saved Custom Workouts
Variable Stride Geometry™	Heart Rate Telemetry (chest strap)
Capacitive Touch Display	Heart Rate Touch Sensors
Convertible Handlebars (EFX 447 only)	Apple® Compatible Full Audio Control
QuickStart™	USB Device Charging
SmartRate®	USB Software Upgrades
User Profiles (4, plus Guest)	

Workouts

Be Fit	1-1 Interval
	2-1 Interval
	4-1 Interval
	Total Body Interval
	Rolling Hills
	Mountain Peaks
	Hill Climb
	Heart Rate Cardio*
Lose Weight	4-3 Interval
	Aerobic
	Fat Burner
	Heart Rate Fat Burn*
Push Performance	1-4 Interval
	1-2 Interval
	Heart Rate Zone*
Get Toned	Glute Toner
	Glute Toner Plus
	Leg Sculpt
	Leg Sculpt Plus
Go the Distance	1 Mile
	5K
	10K
Test Your Fitness	Fitness Test
QuickStart	Manual

Metrics Available

CrossRamp	Workout Profile
CrossRamp (graph)	Workout Selected
Elevation Gain	Workout % Complete
Resistance	Total Strides
Heart Rate (current)*	Strides per Minute
Heart Rate (average)*	Strides per Minute (average)
Heart Rate (max)*	Strides per Minute (graph)
Heart Rate (target)*	Total Strides
Heart Rate (graph)*	Total Distance
SmartRate*	Distance Remaining
Current heart rate zone	Time Elapsed
Time spent in target heart rate zone	Time Remaining
Calories (total)	Time Remaining (current segment)
Calories per minute	Units
Calories per hour	Fitness Test Score
METs	Current User
Watts	Current Media Track†

* Use of touch-sensitive heart rate grips or chest strap is required.

†An Apple device is required.

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www.precor.com

NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

EFX 447 / 245 Owner's Manual
303119-111 rev B, en
June 2014

Assembly Guide

ENERGY SERIES ELLIPTICALS
MODELS: 245, 225, 222, 221

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

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Getting Started

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the EFX according to these guidelines, you can void the Precor Limited Warranty.

Obtaining Service

Do not service the EFX except for maintenance tasks as described in the owner's manual. For more information regarding customer support numbers or a list of Precor authorized service dealers, visit the Precor web site at www.precor.com.

Installation Requirements

CAUTION: You will need assistance to assemble this unit. DO NOT attempt assembly by yourself.

Follow these installation requirements when assembling the unit:

- Assemble the EFX near the location where you plan to use it and provide ample space around the unit.

  Important: *Consult your owner's manual for proper placement of your equipment.*
- Assemble the EFX on a solid, flat surface. A smooth, flat surface under the EFX helps keep it level, and a level EFX has fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide. If you plan to move the unit, obtain help and use proper lifting techniques.
- Do not grasp any plastic part while lifting or moving the unit. The plastic parts are not reinforced and they may break.
- Obtain assistance. Ask another capable adult for assistance during the assembly process.
- Use your fingers or the appropriate tools to insert fasteners. Proper alignment helps alleviate crossthreading. Do not fully wrench tighten fasteners until instructed to do so.

Unpacking the Equipment

The EFX is carefully tested and inspected before shipment. The unit is shipped in two boxes. Ask for help from one or more people to unpack and assemble the treadmill. If any items are missing, contact your dealer.

WARNING **Do not attempt to move the equipment by yourself. Have at least one other person help you and use proper lifting techniques.**

To unpack the equipment:

1. Carefully cut and remove all plastic straps that secure the cover on the cardboard box.
2. Lift the cover upward and set it aside.
3. Pull the cardboard or foam spacers away from the equipment and set them aside.
4. Cut all plastic ties securing the equipment in place.
5. Remove and set aside the enclosed box and loose accessories.
6. Remove the base frame assembly from the container and set it on the floor where you plan to assemble and use the equipment.

Required Tools

- Wire cutter (to cut plastic ties used during shipping)
- Rubber mallet (EFX 245, 225, and 222 only)
- ½-inch or 13 mm socket wrench with extension
- Phillips-head screwdriver

Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

Table 1. Hardware Kit Contents

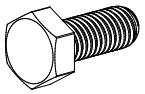
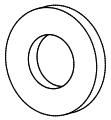
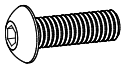
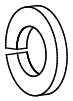
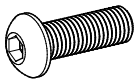
Fasteners		Quantity
	Hex head screw (M8 x 20 mm)	8
	Flat washer (M8)	8
	Buttonhead screw (M8 x 12 mm)	6
	Lock washer (M8)	6
	Buttonhead screw (¼-inch x ¾-inch)	4
	5⁄32-inch hex key	1
	5 mm hex key	1
	Double-ended wrench	1

Table 2. Additional Fasteners for all Models *Except* the EFX 221

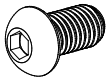
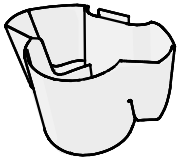
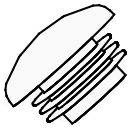
Fasteners		Quantity
	Buttonhead screw (M10 x 20 mm)	2
	Flat washer (M10)	2
	Buttonhead screw (M8 x 50 mm)	2
	Flat washer (M8)	4
	Locknut (M8)	2
	6 mm hex key	1

Table 3. Additional Parts

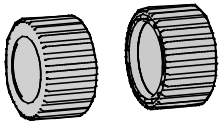
Bottle holder



Two handlebar caps (for all models except the EFX 221)



Two wheel covers



Assembling the Equipment

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. *Do not fully tighten the fasteners until you are instructed to do so.*

The following figure identifies the major components of the equipment referred to in this manual. Your equipment may look slightly different based on the model.

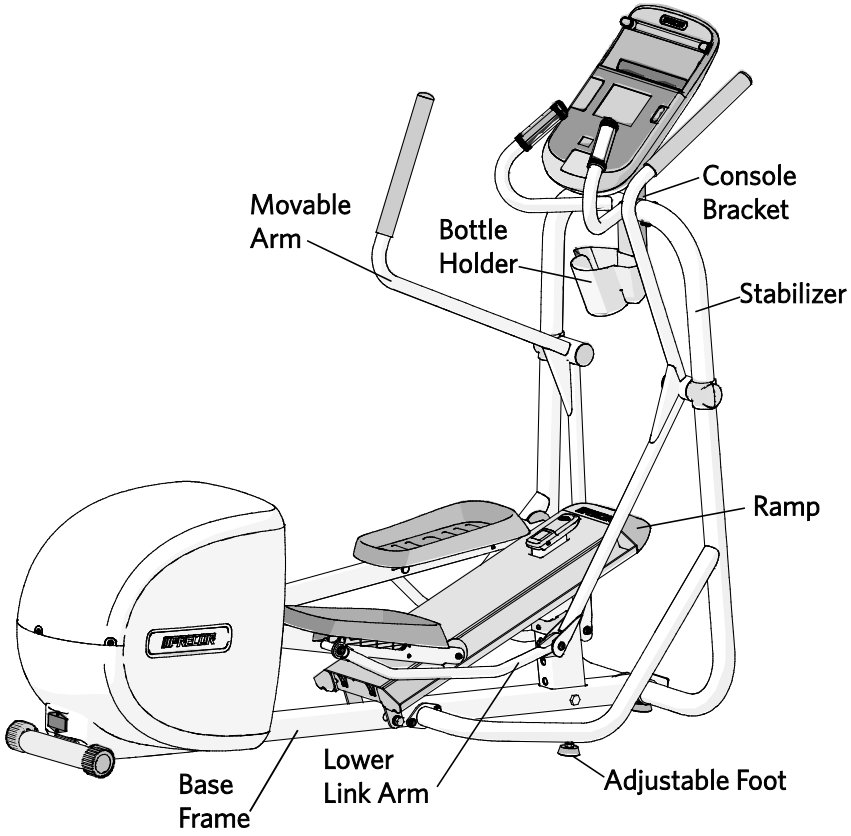


Figure 1: Major components of EFX

Beginning Assembly

Note: For easier access to the base frame, lift the front of the EFX off the floor and place a wedge of packaging cardboard beneath its base.

To connect the base cable:

1. Ask your assistant to hold the left stabilizer next to the base frame and attach it using four M8 x 20 mm hex head bolts and four M8 washers. Partially tighten the fasteners.

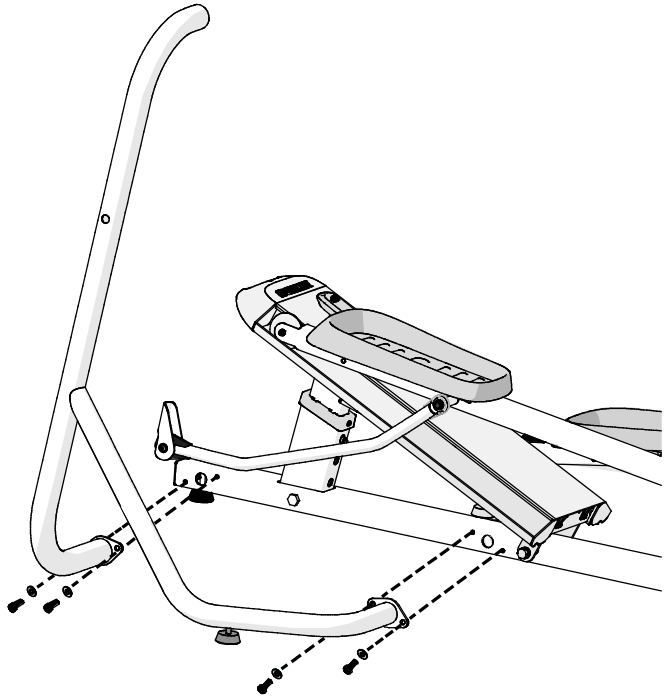


Figure 2: Left stabilizer attachment

2. Ask your assistant to hold the right stabilizer (with the cable protruding from both ends) next to the base frame.

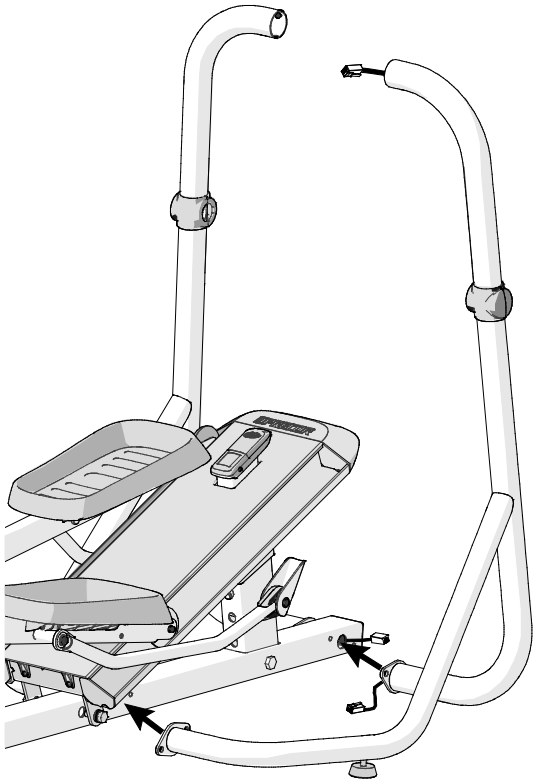


Figure 3: Right stabilizer position

3. Connect the base cable. You will hear a click when the cable is properly attached. Place excess cable inside the stabilizer frame.

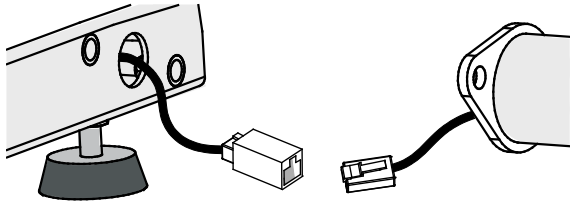


Figure 4: Base cable connection

4. Attach the right stabilizer to the base frame using four M8 x 20 mm hex head bolts and four M8 washers. Partially tighten the fasteners.

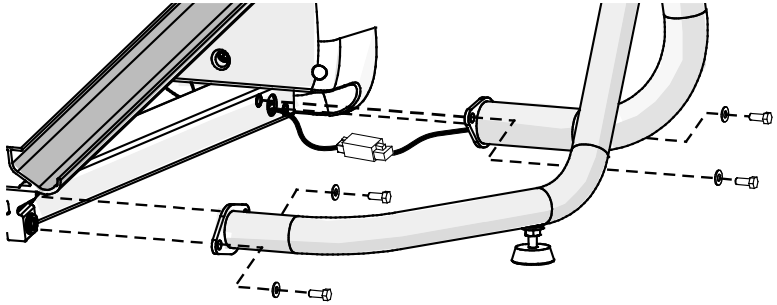


Figure 5: Stabilizer attachment

Attaching the Console Bracket

Important: *The console bracket joints are lubricated before shipping to make assembly easier. Be careful not to get this lubricant on your clothing as it may stain.*

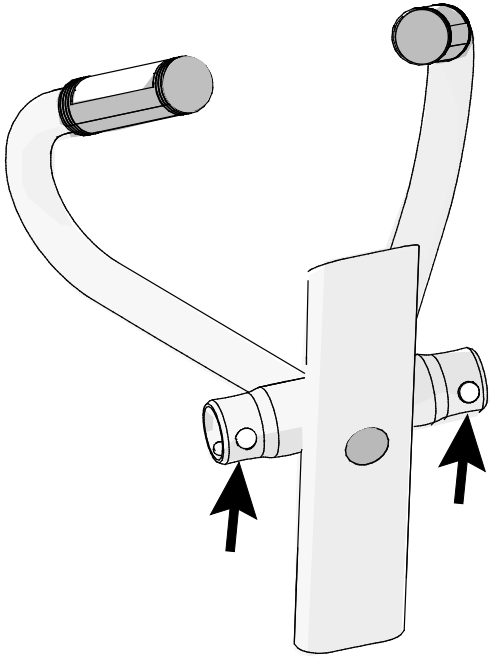


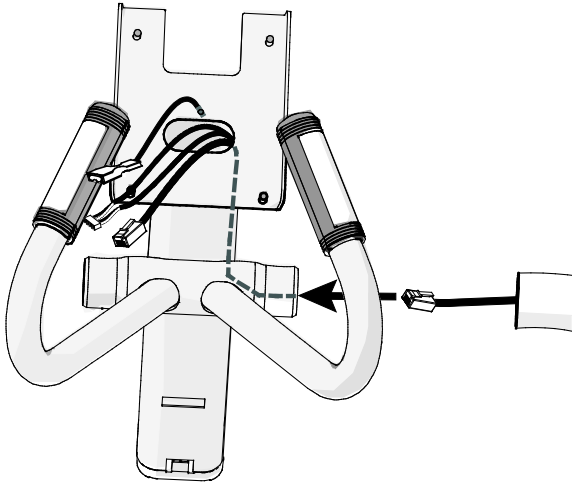
Figure 6: Grease location

Cut any wire ties that secure the cable to the stabilizer. Unwrap the cable and remove any kinks.

CAUTION: Make sure you do not pinch the cables while attaching the console bracket. Any damage caused during installation is not covered by the Precor Limited Warranty.

To attach the console bracket:

1. Feed the cable through the hole and then slide the console bracket onto the right stabilizer.



2. Remove the plug from the hole on the back of the console bracket.

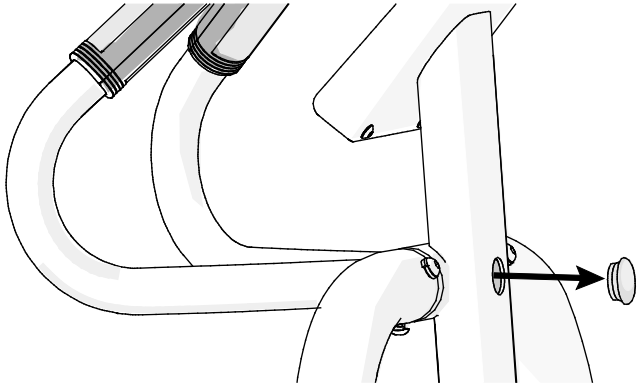


Figure 7: Remove plug

3. Tilt the console bracket forward and feed the cable up through the top of the console bracket.

   Note: Use the hole on the back of the console bracket to reach the cable and help guide it toward the top opening in the bracket.

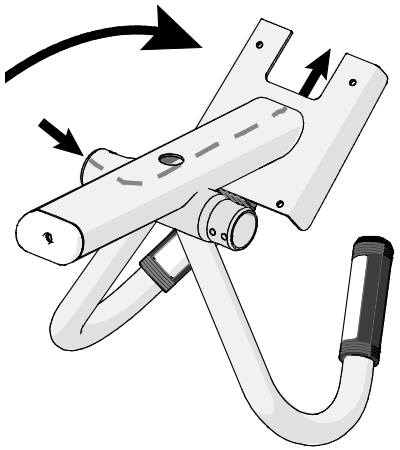


Figure 8: Tilt console bracket forward

4. Reposition the console bracket to its upright position and make sure all wires are pulled through the top of the bracket.
5. Insert the top M8 x 12 mm buttonhead screw and M8 lock washer and partially tighten the fastener. Then, insert the bottom two buttonhead screws and lock washers and partially tighten these fasteners.

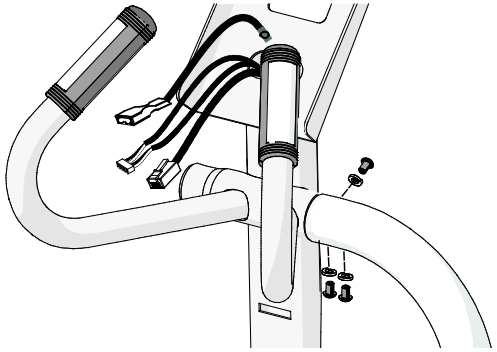


Figure 9: Right stabilizer attachment

6. Attach the opposite side of the console bracket to the left stabilizer using the three remaining M8 x 12 mm buttonhead screws and M8 lock washers. Fully tighten all six console bracket fasteners using the 5 mm hex key.

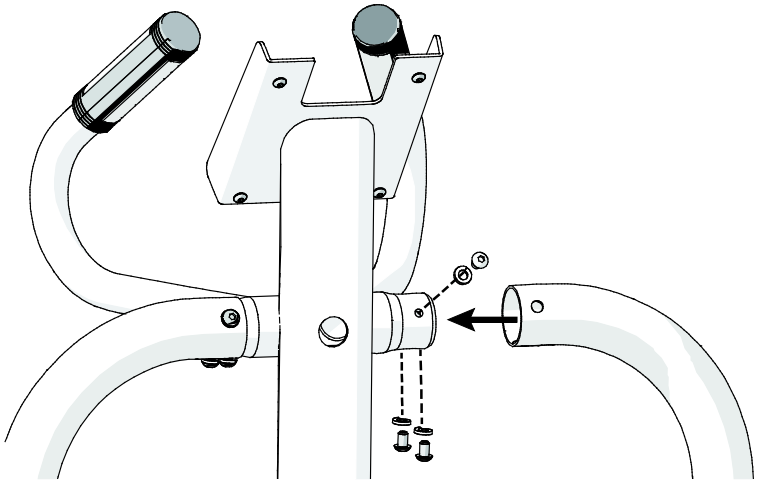


Figure 10: Left stabilizer attachment

7. Install the plug over the hole in the console bracket.

   Note: Use a rubber mallet to tap the plug gently into place.

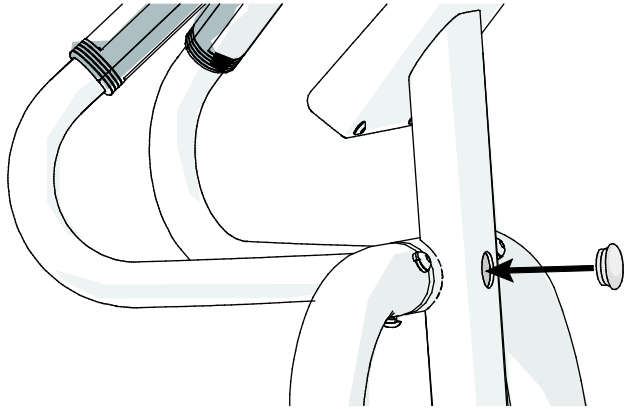


Figure 11: Replace the plug

Attaching the Movable Arms (EFX 245, 225, and 222 Models Only)

Important: *If your EFX is a 245, 225, or a 222 model, you will need to attach the movable arms. If your EFX is a 221 model, please skip the following procedure.*

The movable arms are positioned as shown in the following figure.

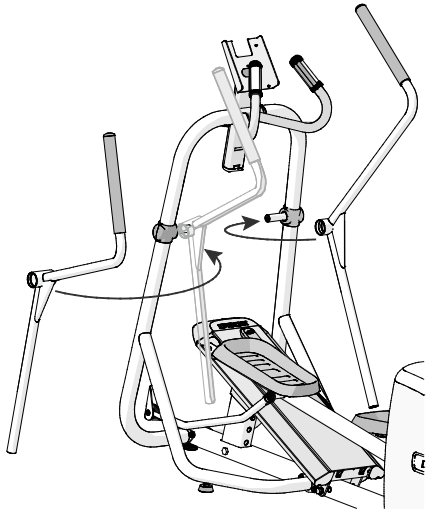


Figure 12: Movable arm positioning

To attach the right moving handlebar:

1. Slide the handlebar pivot joint onto the stabilizer axle (use a rubber mallet to tap it into place if needed). Secure the handlebar using one M10 x 20 mm buttonhead screw and one M10 washer. Fully tighten the fastener using the 6 mm hex key.

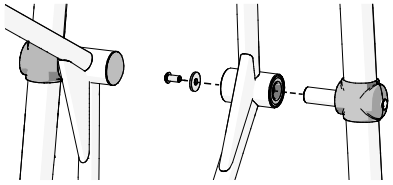


Figure 13: Handlebar fasteners and cap

2. Use the rubber mallet to tap the cap gently into place over the fasteners.

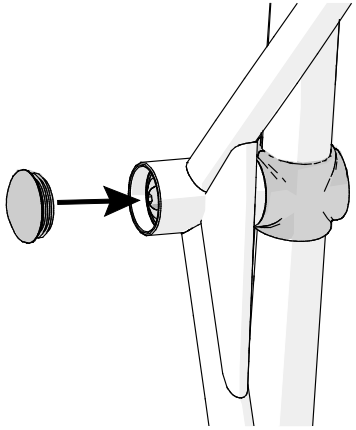


Figure 14: Attach moving arm cap

3. Attach the handlebar to the lower link arm using one M8 x 50 mm buttonhead screw, two M8 washers, and one M8 locknut. Fully tighten the fasteners using the 5 mm hex key and double-ended wrench.

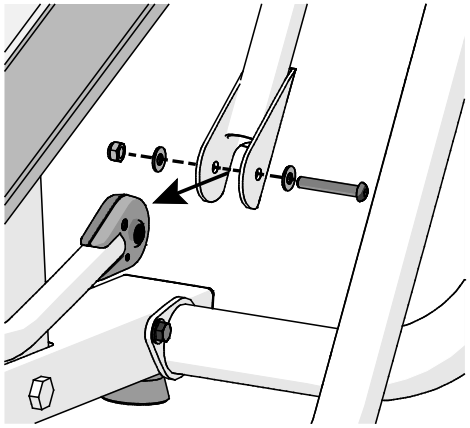


Figure 15: Lower link handlebar attachment

4. Repeat this procedure to attach the left handlebar.

Attaching the Console

Three cables attach to the console.

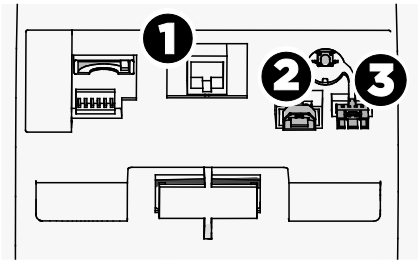


Figure 16: Cable attachments on back of console

Number	Cable or feature
1	Base unit data cable
2	Console ground cable
3	Touch heart rate cable

To attach the cables to the console:

1. Ask your assistant to hold the console over the console bracket while you carefully route the following console cables:
   a. Insert the base unit data cable (1).
   b. Insert the console ground cable (2).
   c. Insert the touch heart rate cable (3) with the tabs pointing down.

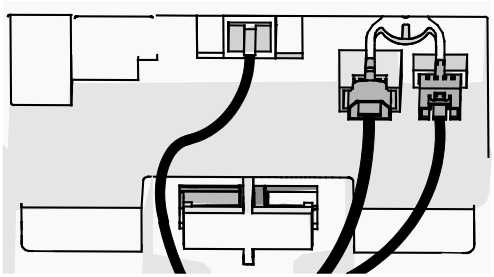


Figure 17: Cable attachment

2. Set the console onto the console bracket. It should sit flush on the bracket without gaps. If there is a gap, check to make sure that no wires are being pinched.

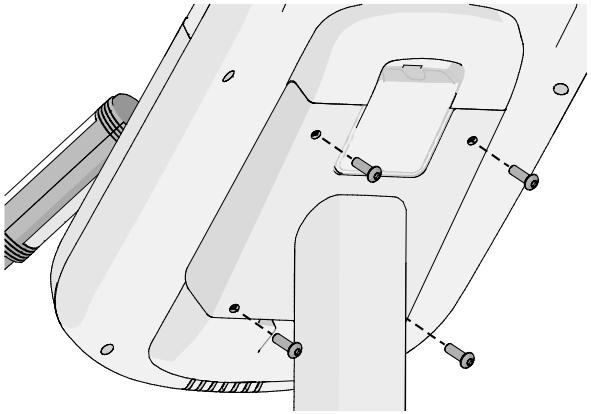


Figure 18: Securing the display console

3. Secure the display console using four ¼-inch x ¾-inch buttonhead screws. Fully tighten the fasteners using the 5⁄32-inch hex key.

Fully Tighten the Remaining Fasteners

Return to the fasteners on the equipment frame that have been partially tightened and fully tighten them.

To fully tighten the remaining fasteners:

1. Start at the base of the stabilizers and tighten all eight screws using a ½-inch socket with an extension.
2. If necessary, remove the wedge of packing material placed under the base frame.

Attaching the Bottle Holder

Locate the bottle holder.

To attach the bottle holder:

1. Remove the screw and console bracket end cap using a Phillips-head screwdriver.

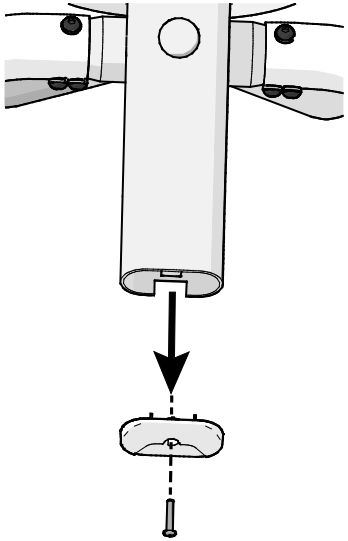


Figure 19: Remove end cap

2. Attach the bottle holder by inserting the tab into the slot in the console bracket. Rotate the bottle holder approximately 45 degrees until tab is fully inserted, and then pivot it downward.

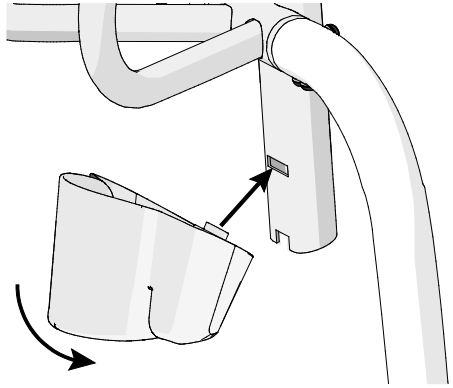


Figure 20: Water bottle positioning

3. Install the end cap into the bottom of the tube and secure it using one Phillips head screw.

   Note: You may need to hold down the bottle holder while installing the end cap as the end cap has slight interference and locks the bottle holder in place.

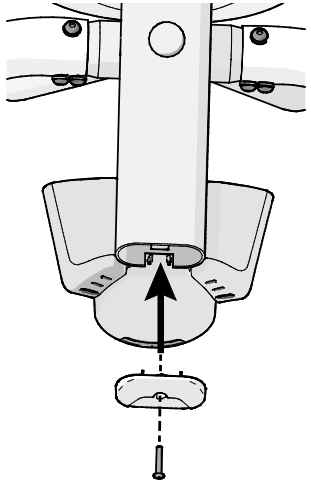


Figure 21: Replacing the end cap

Completing the Assembly

CAUTION: The location of the On/Off switch is beneath the cutout on the base frame. Make sure the power switch is in the Off position. Make sure the power cord is disconnected from its power source.

Connecting the Power Cord

CAUTION: Use the supplied power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a nongrounded outlet. Do not plug the EFX into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and will void the Precor Limited Warranty. If an appropriate cord for your location was not included with your EFX, please contact your Precor dealer for the proper Precor power cord. For more information on authorized Precor dealers in your area, please contact Customer Support at www.Precor.com.

To connect the power cord:

1. Insert the power plug connector into its receptacle at the rear of the unit.

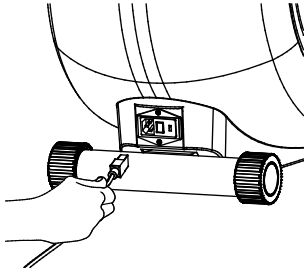


Figure 22: Plug location

2. Plug the other end into a grounded outlet so you can maintain a consistent power source without overloading any other circuitry. Be sure to use the appropriate voltage. Refer to Grounding Instructions in the Owner's Manual.
3. Use the power switch to turn the unit on. Check that the Precor banner appears on the display. If the display remains blank, recycle the power. If the display continues to remain blank, check the cable connections.

Leveling the EFX

Make sure the unit is level before allowing anyone to use it.

CAUTION: To eliminate movement, make sure the adjustable feet are in contact with the floor.

To level the unit:

1. Gently rock the unit. If there is any movement, ask your assistant to tip the unit to one side while you locate the adjustable feet.

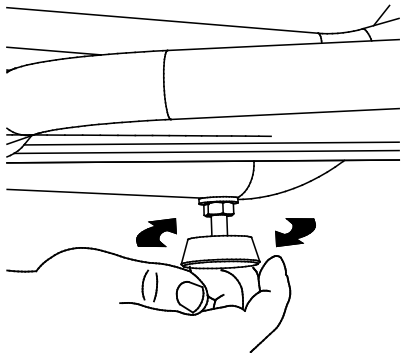


Figure 23: Leveling the EFX

2. Correct the height of each adjustable foot as follows.

If you want to ...	Then turn the adjustable feet ...
Raise the unit	Counterclockwise
Lower the unit	Clockwise

Important: *Place the unit on a flat surface. Rotating the adjustable feet cannot compensate for extremely uneven surfaces.*

3. When the EFX is level, tighten the lock nut.
4. When you are finished adjusting the EFX, place the unit on the floor and recheck that it sits evenly on the floor.

Adjusting the Ramp (EFX Models 222 and 221 Only)

The EFX ramp incline can be set to one of three positions: Low (15 degrees), Medium (20 degrees), or High (25 degrees). If you are on the equipment, dismount. To adjust the ramp, you can straddle the equipment with one foot on either side or stand to one side of it.

CAUTION: To adjust the ramp, you must be standing on the floor. You cannot be standing on the equipment or the foot pedals. Be aware of the position of the handrails and console when you are adjusting the ramp. Be careful not to bump your head on the console when you stand up.

To adjust the ramp:

1. Place one hand under the front of the ramp and one hand on the lever. Pull the front of the ramp up and toward you while pulling the lever back and up. This releases the ramp for adjustment.

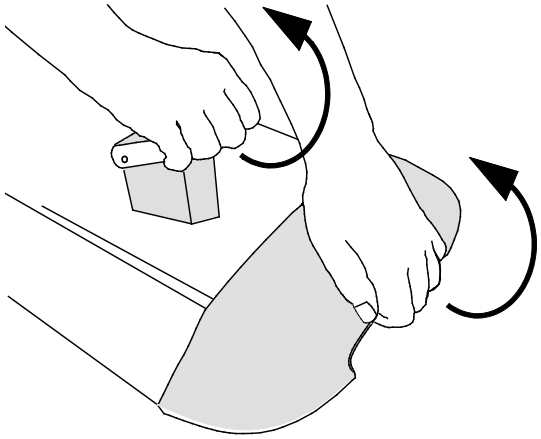


Figure 24: Ramp adjustment

2. Carefully adjust the ramp to the desired height.

   Important: *Before releasing your grip, test the ramp by gently pushing it down with your hands to make sure that it has securely clicked into one of the incline positions. The ramp should not move when tested.*

Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

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April 2014